

ABSTRACT OF THE DISCLOSURE

Therapeutic devices and methods for applying therapy. In an exemplary embodiment, a therapeutic device generally includes one or more light sources for emitting therapeutic light. The therapeutic device can also include means for applying hot therapy and/or cold therapy to a user's body when the therapeutic device is positioned on the user's body. The therapeutic device can further include a massager and/or an adhesive bandage strip for attaching the lighted therapeutic device to the user's body.